

CLAIMS

WHAT IS CLAIMED IS:

- 1 1. An exercise apparatus comprising:
- 2 a frame;
- 3 a seat mounted on the frame;
- 4 a press arm pivotally coupled to the frame on a main pivot above the
- 5 seat, said main pivot having an axis perpendicular to a longitudinal center line of
- 6 the apparatus, said press arm including a main arm member extending
- 7 downwardly from the main pivot, a transverse cross member coupled to the
- 8 main arm member, and a pair of secondary arms pivotally coupled to the
- 9 transverse cross member at respective ends thereof, wherein each of the
- 10 secondary arms pivots without constraint both inwardly and outwardly with
- 11 respect to the longitudinal center line, but each is constrained to move within a
- 12 respective arcuate path that is fixed relative to the main arm member;
- 13 a selectable weight stack; and
- 14 a cable and pulley arrangement coupling the press arm to the selectable
- 15 weight stack so as to provide exercise resistance for a press exercise.

Add
A1

add C5

add D7